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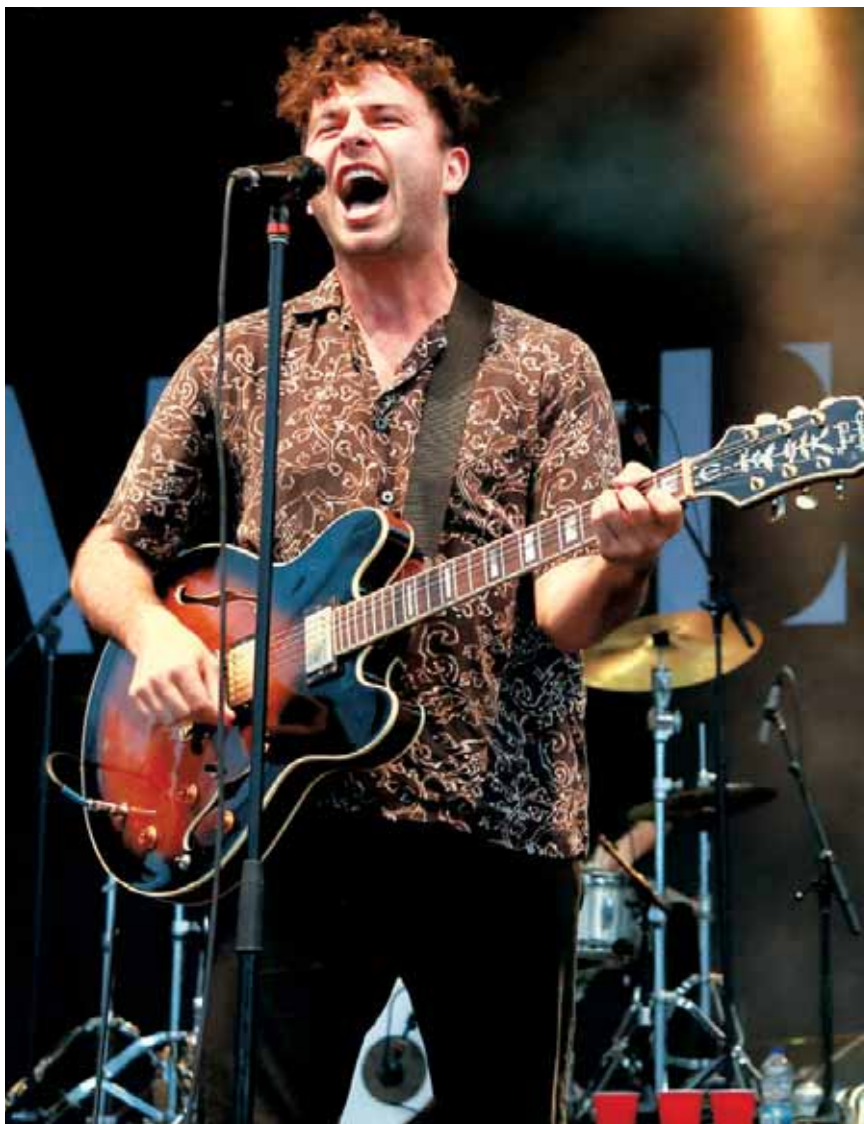
**FANS GO BATTY OVER
FIRST LOOK AT FILM**

metroLIFE



Your essential daily news | MONDAY, JULY 13, 2015

High 30°C/Low 18°C Hot



THE BOSS IS HERE

Arkells frontman Max Kerman rocks the Ottawa Bluesfest on Sunday. MIKE CARROCCETTO/METRO

Flag shorts cause a flap

CONTROVERSY

Bluesfest called on to apologize for Confederate colours at event



Haley Ritchie
Metro | Ottawa

A man who wore Confederate flag shorts to RBC Ottawa Bluesfest last week is facing backlash from people on social media disgusted by his fashion choice.

Bluesfest volunteer Amanda Lowe posted a photo of the man in the red-and-black shorts to Twitter on Thursday.

"We were kind of shocked as to why he was let in," said Lowe. "I'm sure someone would not be let in wearing a swastika outfit. The same thing should happen for the Confederate flag."

Many people see the flag as a symbol of racism and slavery, especially after the recent killing of nine black people in Charleston, S.C.

Others don't feel the flag is offensive, but instead see it as a symbol of Southern pride, dating back to the revolutionary war in the United States.

Annette Ejiofor, a freelance



A photo of a man in confederate flag shorts taken at Bluesfest is causing buzz on social media. TWITTER

writer who has attended Bluesfest in the past, reposted Lowe's photo to her social media.

"I thought it was really disappointing that they wouldn't feel that was inappropriate," she said. "My first reaction was pain, hurt and disappointment. I'd really like to see an apology from Bluesfest."

The man in the photo is carrying a professional camera, which, according to the Bluesfest website, is only allowed with official media

accreditation.

R.J. Pate, a member of the Ottawa chapter of Black Lives Matter, said his group is planning on putting together a petition asking for an apology from the festival organizers.

Bluesfest does have a policy that restricts "inappropriate or offensive" clothing, but does not specify what is against the rules.

Bluesfest officials could not be reached for comment on Sunday.



WEST END WELL

Co-op struggling to stay in business



Haley Ritchie
Metro | Ottawa

The West End Well grocery store co-op and café on Wellington Street says it will be closing in 60 days unless revenues increase.

General manager Nate Shields said the business intended to bring in around \$100,000 each month and was getting close to the goal soon after the launch. As the excitement wore off and winter set in, revenue slipped to half that.

"We're not asking people to spend \$25 more out in the world than they would, we just want them to spend it here," he said.

The co-op is a small grocery

store that tries to stock local goods, a café and community space. They regularly host music events and commit to helping with social causes.

Patrons don't need a membership in order to shop at the store or dine at the café, but it does support the program and give members a say in the business. There are approximately 700 members signed up.

"A lot of people put forward \$50 membership fee because they loved the idea. They loved having a community space and seeing good food on everyone's plate," said Shields.

"We're kind of saying you wanted this place, and if you want to keep it going, then we want you to come in."

BUSINESS

Two more firms close their doors

It was a troubling week for two Ottawa businesses.

Mugshots, the bar connected to the Ottawa Jail Hostel at the outskirts of the Byward Market, announced it was permanently shutting its doors on Friday.

"As a part of the HI-Ottawa Jail Hostel, our collective goal is to focus on our guests' experience and, due to issues with noise levels, the bar does not accommodate that goal," reads a message posted to the bar's Facebook wall.

"Should the bar re-open, it will only be available to our guests in the hostel. This was an extremely difficult decision,

but a necessary one."

In October, the bar closed its late-night shows but remained open for live music that ended early and food and drink.

The spooky underground venue hosted regular music shows and was well known as a place for local bands to perform.

Saturday was also last call for The Rochester in Little Italy, which had been serving food and drink in the area for 10 years. Like Mugshots, the bar doubled as a music venue, regularly offering Kitchen Party dance nights and live local jazz performances.

HALEY RITCHIE/METRO



This was an extremely difficult decision, but a necessary one.

Mugshots Facebook post



Dr. John Bell, Dr. David Stojdl and Dr. Derek Jonker on Friday at The Ottawa Hospital Research Institute. MICHAEL WOODS/METRO

Ottawa team develops 'future' cancer therapy

HEALTH CARE

Researchers launch clinical trial for new treatment



Michael Woods
Metro | Ottawa

Ottawa researchers have launched a world-first clinical trial for a brand new cancer therapy that could change how the disease is treated.

The unique new therapy involves using two viruses to attack and kill cancer cells. It's a leading example of what researchers hope is a new wave of research into using biological agents, such as viruses, to treat different types of tumours.

"A real revolution is happening now in the world, and trials like the one we're talking about today will test whether these actually work ... and whether or not they're safe," said Dr. John Bell, a scientist at The Ottawa Hospital and one of the developers of the therapy.

The therapy is a result of research that started 15 years ago when Bell, Dr. David Stojdl, now of CHEO, and Dr. Brian Lichty, now of McMaster University, started investigating viral therapies as colleagues at The Ottawa Hospital.

It combines a virus derived from Maraba virus, first isolated from Brazilian sandflies, with another from adenovirus, a common cold virus.

The idea is to use the adenovirus to prime the patient's immune system to recognize the cancer, and then use the



A real revolution is happening now in the world.

Dr. John Bell

Maraba virus to kill the cancer and help the immune system prevent it from returning, Lichty said.

The trial will involved 79 patients at four hospitals across Canada, and will be primarily funded by the province through the Ontario Institute for Cancer Research.

Lichty said such treatments could represent "the future of cancer therapy."

"I think in five or 10 years, there will be more and more cancer immunotherapies com-

ing on board as we learn how to engage a patient's own immune system to attack cancer."

Dr. Derek Jonker, the lead for the clinical trial and a medical oncologist at The Ottawa Hospital, said immunotherapy is "a very exciting field of cancer research," with antibody-based therapies showing the most promise so far.

The new approach could also have fewer side effects than chemotherapy and radiation.

Christina Monker, a 75-year-old former nurse from Rockland and one of the first patients treated in the trial, was diagnosed with cancer in 2012 and has completed more than 30 rounds of chemotherapy.

She said while chemotherapy left her extremely nauseous, the viral therapy left her with flu-like symptoms that were easily managed.

CITY HALL

Pair of city councillors facing audits of campaign finances



Lucy Scholey
Metro | Ottawa

An auditor will be combing through the campaign finances of two Ottawa city councillors.

On Friday, a city election compliance committee decided to further investigate the money

West Carleton-March Coun. Eli El-Chantiry and Bay Ward Coun. Mark Taylor spent on their 2014 election campaigns.

Riley Brockington, who represents River Ward, had his campaign finances deferred to a second audit committee on Wednesday, pending more information.

Three other councillors — Ri-

deau-Vanier rep Mathieu Fleury, Stittsville's Shad Qadri and Cumberland's Stephen Blais — were also under the audit committee's microscope, but were let off the hook. In other words, they will not be audited.

Pat Ready, who formerly ran for a school trustee position, filed each application against the six councillors.

He said he was surprised how flexible the committee was, allowing councillors to return money after spending it in the election.

Ready said many of the violations that seemed black and white to him didn't result in full audits.

"I'm not disappointed there wasn't more audits, I'm just sur-

prised," he said.

The committee — chaired by Jean-Pierre Kingsley, former Chief Electoral Officer for Elections Canada — did not decide whether these councillors contravened the Municipal Elections Act. Rather, the group decided whether to refer the campaign finances to an auditor for further investigation.

Of the allegations against El-Chantiry, it was the councillor's expenses for campaign signs that were largely called into question at the committee.

Ready alleged the councillor of 12 years overspent on his signs.

Taylor was accused of reporting a deficit, when he should have filed a surplus.

WITH FILES FROM HALEY RITCHIE

IN BRIEF

Kanata fire leaves one person, a dog and birds homeless

A pet dog, birds and their owner are without a home after escaping a fire in Kanata on Sunday.

Firefighters said they received several 911 calls about heavy smoke blowing from 8 Forbes Ave. at around 2:20 p.m. They responded quickly and had the blaze under control within an hour.

Damage is estimated at \$225,000 to the building and \$25,000 on items inside.

An inspector was still investigating the cause at press time.

Meanwhile, firefighters were busy battling a shed fire in Carp at the same time.

That fire started in a 2,000-square-foot recycling shed at 2173 Richardson Side Rd. Crews found burning rubble inside the building.

There were no reported injuries.

LUCY SCHOLEY/METRO

Fire crew called to Carp-area barbecue

In what sounds like a barbecue gone wrong on Saturday, Ottawa firefighters were called to a home in the city's far west end.

In less than half an hour, crews swiftly doused the burning grill that was on the porch of 2264 Peter Robinson Rd, which is outside of Carp.

There were no injuries. Ottawa Police, Ottawa Paramedics, Enbridge Gas and Hydro One were also called to the scene to help.

LUCY SCHOLEY/METRO

MORE LOCAL NEWS ONLINE



Iza Ticala, 12, shows Google designer Hannah Johnston her web project during the Virtual Ventures Codemakers Girls Jr. Camp on Friday. Johnston, a graduate of Carleton University, took part in the summer camp herself years ago. LUCY SCHOLEY/METRO

Google designer goes back to coding camp

TECHNOLOGY

Carleton U alumna calls programming a 'creativity tool'



Lucy Scholey
Metro | Ottawa

It was at a Carleton University summer camp where Google designer Hannah Johnston created her first website.

Johnston says when she was about 13, she felt a jolt of excitement learning the hexadecimal number system to change the colours on her web page.

"It sounds like a really sim-

ple thing but it felt really empowering," said Johnston, with a big smile.

Now 30, the Ottawa native returned on Friday to the Virtual Ventures Codemakers Girls Jr. Camp that ignited her passion for programming. She poked her head behind dozens of computer screens where girls from Grade 3 to Grade 9 were busy creating musical mixes and working on web designs.

One 14-year-old working on a Google Doodle, those little artsy pieces on the search engine's home page, quipped that she had some basic HTML skills.

Johnston is an interactive designer for Google, which means she works on computer interfaces to make them nicer looking and easier to use.



You really can be empowered to come up with a concept and then just make it.

Hannah Johnston

A graduate of both the Carleton University summer camp and the university itself, Johnston now works in New York.

Girls and women are notoriously underrepresented in the STEM fields (science, technology, engineering and math). There's a stereotype that only nerds enter the industry, but that's untrue, said Johnston.

She said there needs to be more awareness around STEM as an attractive career option for women.

"I've been really fortunate," she said. "I think Google is really committed to eliminating as many barriers as possible, mainly because they want to hire all of the good talented people out there, so they don't want to restrict it to a single group."

For her, it's a mesh of her loves: math, science and art. She sees programming as a creativity tool and she encourages girls to see it the same way.

"One of the great things about technology is that you really can be empowered to come up with a concept and then just make it."

LABOUR SHORTAGE

Jail staff issues up across province

There were 900 lockdowns in Ontario's provincial jails due to staff shortages last year, a figure that has more than tripled since 2009.

The full and partial lockdowns, which can last a day or several days, were triggered by shortages of staff including correctional officers and managers.

There were 259 lockdowns in 2009. The figures, released by the province under the access to information act, do not relate to lockdowns caused by other factors such as security breaches, transfers of high-risk prisoners, violence or contraband. The Ministry of Community Safety and Correctional Services' institutional management unit says the only available data for lockdowns pertains to understaffing.

The head of the union representing Ontario's correctional officers says the skyrocketing number of lockdowns is a troubling trend.

"It affects front-line staff and the offenders we're tasked with supervising and providing for," said Monte Vieselmeyer, the corrections division chairman for OPSEU, which represents the province's jail guards.

The province says the lockdowns occur because of understaffing caused by workers who've called in sick or are on vacation and other forms of leave.

"These lockdowns are necessary to ensure the safety and security of both staff and inmates," said Brent Ross, a Ministry spokesman. In a letter obtained by Torstar News Service in June, inmates described regular weekend and frequent weekday lockdowns where they were kept in their cells for 24 hours a day, for several days in a row.

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John Howard



5

THINGS TO DO AT OTTAWA CITY HALL THIS WEEK

With nary a committee meeting to be found at Ottawa City Hall this week, there's not much municipal business to write about. While that may leave local political addicts without much to tweet about, there are a slew of events heating up at the hall. So leave the ties and grey blazers at home — you will need yoga mats and sneakers this week. Meeting adjourned. **LUCY SCHOLEY/METRO**

**1 Circus Jam**

You don't have to run away to join the circus. The Glebe Neighbourhood Activities Group and Ottawa Circus School will help perfect your juggling, slack line balancing or hula hooping, like Brittany Ashbridge did during 4/20 on Parliament Hill last year (pictured). Bring the kids, but don't let them fire dance unsupervised. Head to the Marion Dewar Plaza on Tuesday, from 7 p.m. to 9 p.m.

**5 Fun or fast walks**

Whether you're looking to break a sweat or tour the city, there's reason to lace up this week. On Tuesday, a group will be walking two kilometres over the noon hour for a bit of exercise. Come back on Thursday at noon, when Jaime Koebel, who leads Indigenous Walks, will give one of her arts and culture tours through the city.

Volleyball 2

Block off your lunch break and dive into recreational pick-up grass volleyball at the Lisgar Field. It starts Thursday from noon to 1 p.m. For more information, email cws-psm@ottawa.ca.

**Salsa dancing 4**

Get ready to bust out the mambo moves. On Wednesday evening, couples can strut their salsa stuff at Marion Dewar Plaza or in Jean Pigott Place if it's rainy. Think you can't dance? There will be an hour-long lesson before you 1-2-3 the night away. It starts at 6 p.m. Got a baby on your back? Take your little one to Salsa Babies on Tuesday for a musical workout and picnic at 10 a.m.

3 Hatha yoga

Before you lay down your mat at Parliament Hill for your weekly yoga stretch, find your Zen on Laurier Avenue. Instructors from Rama Lotus Yoga Centre will lead the all-level class on Tuesday from noon to 1 p.m.





Six Nations Fire Department Fire Chief Matthew Miller poses in Ohsweken, Ont., Saturday. Miller says First Nations fire services across the country are chronically underfunded.

MARK SPOWART/THE CANADIAN PRESS

'A recipe for disaster'

ABORIGINAL AFFAIRS

Six Nations fire unit combats blazes — and a fiscal shortfall

A string of suspected arsons, inexperienced volunteer staff and a truck ladder that isn't high enough, hasn't stopped the fire department at Canada's most populated First Nation from scraping by.

But as the Six Nations of the Grand River unit in southwestern Ontario grapples with relentless emergency calls, regular staff turnover and a constant struggle to make ends meet, its fire chief says he's bracing for an inevitable disaster.

Matthew Miller said his department has about twice the call volume and one third of the funding of similarly sized municipalities, even though federal government statistics show First Nations people on reserves are about 10 times more likely to die in fires.

"As it is right now, we're barely hanging on by a thread," Miller said of serving the on-reserve population of about 12,000.

"Essentially what's happening is everybody is getting exhausted



It's just a recipe for disaster.

Matthew Miller, fire chief for the Six Nations of Grand River reserve's fire unit.

and pushed to their limits physically and mentally."

The crew serving the First Nation consists of 21 part-time volunteers who have separate full-time jobs. Many haven't been properly trained.

Miller said he usually gets two or three emergency calls every day — or about 700 per year. If that number gets any higher, the department can't handle it.

Yasir Naqvi, the province's minister of community safety and correctional services, toured Six Nations on June 6 to review its emergency services after receiving an invitation from Chief Ava Hill.

Naqvi said he will be asking his federal counterparts to address the community's fire safety concerns, and Miller wrote to federal Liberal Leader Justin Trudeau about the issue on Wednesday.

Aboriginal Affairs and Northern Development Canada said in a statement it provides \$26 million annually for fire protection on reserves across the country.

"Our regional office is in regular contact with the Six Nations of the Grand River First Nation," it said.

"We also know that education and awareness play an integral role in fire safety and we will continue to work with First Nation communities and provide annual funding (to fire education organizations)."

But Miller said First Nations across Canada are facing the same issues because there is no legislative framework to mandate fire prevention and protection like there is for most off-reserve communities. THE CANADIAN PRESS

CONRAD

Late raccoon a fundraiser for the living

This was a raccoon to remember.

A day after residents constructed a makeshift memorial to a furry critter found dead on one of Toronto's busiest streets, those behind the tribute and countless others were keeping the animal's story alive as it made headlines around the world.

Harnessing the momentum behind the #DeadRaccoonTO movement on social media, the trio of men who started the sidewalk memorial to the animal

they named "Conrad" called for donations to the Toronto Wildlife Centre in his memory.

"Such a simple thing has taken on a life of its own," said Geoff Nielson, one of the group which called themselves "the brains behind the operation."

"It's very easy to trivialize this as just another silly Internet fad, which, don't get me wrong, we're aware that it is, but for us, it's really nice to use something like this for a greater social good."



The scene of Conrad's demise. THE CANADIAN PRESS

City councillor Norm Kelly endorsed the group's efforts

to raise money for the Toronto Wildlife Centre, sending out a tweet which featured a photo of a sweet-faced young raccoon peering into the camera, an amber-hued Toronto sunset behind it. The animal is described as: "Friend. Neighbour. Raccoon."

The raccoon raised \$505 for the wildlife centre Friday evening, with staff saying they were continuing to receive donations with messages like "R.I.P. Conrad." THE CANADIAN PRESS

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B.C. brewer cracks tough South Korean market

INTERNATIONAL BUSINESS

Abbotsford man succeeds despite nation's beer duopoly

Dan Vroon says he didn't set out to transform the South Korean beer industry, but the Abbotsford, B.C., native's attempt to bring craft beer to the masses has kick-started a revolution in a market long dominated by a duopoly.

Vroon's Craftworks Tap-house and Bistro in Seoul was one of the first in a new wave of craft breweries that have renewed interest in craft beer in the country.

Vroon said before he entered the business in 2010, imports of North American brews from the Boston Beer Company and Edmonton's Alley Cat Brewing Company were the only way for South Korea's large ex-pat community to get a taste of home.

He set out to build a craft brewery to serve that crowd, as well as locals looking for something other than the rice-based, low-alcohol lagers from Hite Brewery Company and

Oriental Brewing that dominate South Korean taps.

"They were missing the market entirely," he said.

Vroon said he ran up against the thicket of regulation that had stopped the flow of beer from other craft breweries, even after an early-2000s push from the South Korean government to open up its beer industry.

Vroon pushed back against rules that required breweries have more than one million litres of capacity before selling to wholesalers, which he said essentially prevented anyone but the largest brewers from distributing their products.

He said he also pushed for transparency on taxation after the first brewery he worked with was nearly bankrupted by an unexpected tax bill more than 10 times what authorities had predicted.

He said he did his best to work within rules that prevented or made prohibitively expensive the importing of the yeast and hops necessary to make a top-quality brew.

"The brewing laws were written in the 1950s," he said. "Nobody was around who understood them."

Vroon's efforts bore fruit

as he found the South Korean government receptive to new ideas that could promote local business.

In 2011, the government reduced the distributing requirement from one million litres of capacity to 120,000 litres, one of the first in a series of reforms that Vroon said has reinvigorated the craft beer market.

And as more breweries come online, he said, there are more voices pressuring the government for reform.

"They haven't given us everything, but they've definitely freed up the brewers to distribute their beer, cut some of the taxation and gave rebates for the smaller guys," Vroon said. "Now, the craft beer scene is booming."

Some of the beers Craftworks offers: The Jirisan Moon Bear India Pale Ale, the Seorak Oatmeal Stout and Baekdusan unfiltered wheat beer.

Vroon's work in developing a craft-brew palate among South Koreans has inspired others to bring in Canadian beer to meet the rising demand.

Brock Rodgers, co-founder of the Mission Springs Brewery in Mission, B.C., now exports around 40 per cent of his production of hops-heavy, full-flavoured beers to South Korea after beginning shipments in 2013.

"At that time, Dan (Vroon) was the only guy in town that was doing anything craft and



When Dan Vroon established Craftworks Tap-house and Bistro in Seoul, South Korea, he aimed to appeal to ex-pats and locals interested in craft brews. The next thing he knew, he was promoting a whole new industry. THE CANADIAN PRESS

doing it well," he said.

Rodgers said even with significant import taxes on his products that send the price well above domestic competition, his business is doing well because they are viewed as a premium product.

"There's a somewhat well-founded belief over there that products from Canada are healthier, that the water's better, the air is better," he said.

"If it's made in Busan it kind of loses whatever authenticity it might have." THE CANADIAN PRESS

ECONOMY

Tories bust out wallets

All but overlooked in the past week of troubling economic news was federal Finance Minister Joe Oliver's unexpected nod to government stimulus spending.

The run-up to an October general election is happening amid talk of recession, international downgrades of Canada's growth prospects, weak world oil prices and several grim provincial outlooks — stormy seas for an incumbent Conservative government seeking a fourth mandate after staking its reputation on sound economic management.

A Conservative re-election plan hatched in sunnier days when a return to balanced budgets could co-exist with voter-friendly spending is being repurposed as a recession-fighting necessity.

"Some of the measures which the prime minister announced and which I announced in the budget will inject almost \$10 billion in cash into the economy this year," Oliver told reporters in Vancouver last Tuesday.

Parents with children under 18 will start receiving new benefit cheques — retroactive to Jan. 1 — on July 20 in a one-time, pre-election burst of cash totalling more than \$2.5 billion.

Conservative ministers and MPs are also announcing new community infrastructure projects almost daily this summer from a variety of funds — some of which have lain fallow awaiting the optimal pre-election moment. Oliver's office says the government added more than \$1.6 billion to existing projects.

THE CANADIAN PRESS

The brewing laws were written in the 1950s. Nobody was around who understood them.

Craft beer brewer Dan Vroon discusses on the South Korean regulations governing his business.



Attention SEIU Local 2 J4J Members

Strike vote ballots are in the mail and should arrive at your home shortly. Please return ballots by Friday July 17th.

You may also vote at the Union office on:

Thursday July 16th: 8 - 11AM, 2 - 6 PM & 8 - 11PM

Friday July 17th: 8 - 11AM & 3 - 7 PM

For more information please call (613) 567-3528

SASKATCHEWAN

Wildfire evacuees head home

Officials say residents of an evacuated reserve in northern Saskatchewan were being allowed to return home Sunday.

Duane McKay with emergency management said wildfires were no longer threaten-

ing Grandmother's Bay, and buses were being arranged to transport at least 130 people back there.

A convoy led about 150 people from five other communities in the northeast home on Saturday night.

McKay said fire conditions near 50 communities are being evaluated to determine when it might be safe for the remaining 13,000 evacuees from those communities to go home.

THE CANADIAN PRESS

OTHER FIRES BURN ON

Progress in Puntzi Lake fire battle

There is good news in the ongoing battle to contain an aggressive, 70-square-kilometre blaze raging in the Cariboo Region of Central British Columbia.

Crews have managed to contain just under a third of the Puntzi Lake fire, burning about 150 kilometres west of

Williams Lake.

The fire more than doubled in size on Saturday, from 30 to 70 square kilometres, thanks to strong winds and an abundance of dry fuel.

THE CANADIAN PRESS

Firefighting rains please park official

Moisture has helped slow a fire that forced the evacua-

tion of 1,000 tourists and outdoor enthusiasts from Maligne Valley in Alberta's Jasper National Park.

"Yay, it rained!" Parks Canada spokeswoman Kim Weir said Saturday, adding four to six millimetres of rain fell overnight and more was expected, giving firefighters a chance to attack the flames directly.

THE CANADIAN PRESS

Greece aims to make deal and avoid financial crash

EUROZONE

But creditors insist on tough austerity measures

Greece moved closer on Sunday to a desperately needed deal with European creditors that would stave off immediate financial collapse and the country's potential exit from the euro but impose more hardship on its people.

Facing a self-imposed Sunday deadline, the eurozone's top official, Jeroen Dijsselbloem, said the sides have "come a long way" after two days of talks among finance ministers, but that the final effort on "some big issues" would be handled by eurozone leaders in a summit that was expected to go into the night.

Underscoring the optimism despite the often fundamental differences among the leaders, Italian Prime Minister Matteo Renzi said "we are very close."

The broad outline of a deal appeared to consist of a long series of commitments from Greek Prime Minister Alexis Tsipras to push through much of a drastic austerity program within days, while the 18 other eurozone leaders would commit to start talks on a new bailout program.

In a four-page draft proposal put to eurozone leaders and obtained by The Associated Press, language up for discussion spoke of a potential "time out from the euro area" for Greece if no agreement could be found.

It highlighted the increasing frustration with Greece during five months of fruitless talks. On Sunday, doubts on the Greek gov-



German Chancellor Angela Merkel, left, speaks with French President Francois Hollande, centre, and Greek Prime Minister Alexis Tsipras during a meeting of eurozone heads of state at the EU Council building in Brussels on Sunday. THE ASSOCIATED PRESS

The most important currency has been lost: That is trust and reliability.

German Chancellor Angela Merkel

ernment's commitment to implement tough measures continued.

"The most important currency has been lost: That is trust and reliability," said German Chancellor Angela Merkel, reflecting on five months of tortuous negotiations with Athens.

In the draft document, Greece committed itself to pushing a first set of measures through parliament by Wednesday. Despite the stinging conditions on

pension, market and privatization reforms, Tsipras insisted his government was ready to clinch a deal.

"We owe that to the peoples of Europe who want Europe united and not divided," he said. "We can reach an agreement tonight if all parties want it."

Greece has asked Europe's bailout fund for a 53.5 billion-euro, three-year financial package but many officials in Brussels

say the figure will have to be much higher and insist on tough Greek austerity measures. This would be Greece's third bailout in five years.

Merkel, however, insisted that Germany would not sway from its stance that Greece needs to do much more to get any help just to save its position in the 19-nation eurozone.

"There will not be an agreement at all costs," she said, coming into Sunday's summit meeting. "Nerves are tense."

Highlighting the differences within the creditors' camp, French President Francois Hollande insisted it was vital to keep

Greece in the currency club and avoid a so-called "Grexit."

If Greece had to leave the euro currency "it's Europe that would go backward," Hollande said. "And that I do not want."

France is considered Greece's closest ally and even helped Tsipras prepare the reform proposals that were a minimum requirement for getting fresh talks.

Finnish Finance Minister Alexander Stubb, one of Greece's most outspoken critics, said a package of proposals sent to the leaders involved three key elements, including the Greek parliament's passing of a series of unspecified laws by Wednesday.

If these conditions are met, then talks with Europe's bailout fund can proceed, Stubb said.

"We have surely taken a good leap forward," Stubb said.

Tsipras cleared one hurdle Saturday when lawmakers in the Greek parliament overwhelmingly backed a package of economic reforms and further austerity measures, in hopes that would convince European creditors to back the third bailout.

THE ASSOCIATED PRESS

+ BACKGROUND

Greece desperately needs help to avoid a financial collapse. The economy is in free-fall and the country faces big debt repayments in the coming weeks. Greek banks have been shuttered for the best part of two weeks and daily withdrawals from ATMs have been limited to a paltry 60 euros. The banks, according to some accounts, have barely enough cash to last through the week.

MEXICO

Drug lord on the lam

Mexico mounted an all-out manhunt Sunday for its most powerful drug lord, Joaquin (El Chapo) Guzman, who escaped from a maximum security prison through a 1.5-kilometre tunnel from a small opening in the shower area of his cell, according to the country's top security official.

The elaborate underground escape route, built allegedly without the detection of authorities, allowed Guzman to do what Mexican officials promised would never happen after his re-capture last year — slip out of one of the country's most secure penitentiaries for the second time.

If Guzman is not captured immediately, the drug lord will likely be back in full command and control of the Sinaloa cartel in 48 hours, said Michael S. Vigil, a retired U.S. Drug Enforcement Administration chief of international operations.

"We may never find him again," he said. "All the accolades that Mexico has received in their counterdrug efforts will be erased by this one event."

Eighteen employees from various part of the Altiplano prison, 90 kilometres west of Mexico City, have been taken in for questioning, Security Commissioner Monte Alejandro Rubido said in a news conference without answering questions.

A manhunt began immediately late Saturday for the head of the powerful Sinaloa Cartel, which has an international reach and is believed to control most of the major crossing points for drugs at the U.S. border with Mexico.

Guatemala's Interior Ministry said a special task force of police and soldiers were watching the border with Mexico for any sign of fugitive drug lord.

"The U.S. government stands ready to work with our Mexican partners to provide any assistance that may help support his swift recapture," U.S. Attorney General Loretta Lynch said in a statement.

Associated Press journalists near Altiplano saw the roads were being heavily patrolled by federal police with numerous checkpoints and a Blackhawk helicopter flying overhead. Flights were also suspended at Toluca airport near the penitentiary in the State of Mexico, and civil aviation hangars were being searched.

Guzman's escape is a major embarrassment to the administration of President Enrique Pena Nieto, which had received plaudits for its aggressive approach to top drug lords.

THE ASSOCIATED PRESS

ISRAEL

Suspects in arson attack arrested

Israeli police have arrested a number of suspects in last month's arson attack on a famous Catholic church in the Holy Land, police spokesman Micky Rosenfeld said Sunday.

The fire is believed to be an attack by Jewish extremists, but Rosenfeld would not elaborate on the identity of those arrested.

The June 18 fire at the Church of the Multiplication of the Loaves and Fish caused extensive damage to the inside and outside of the building, in-

cluding damage to the roof and prayer books.

The modern building is built on the remains of a fifth-century Byzantine church and features a Byzantine mosaic floor that was not harmed. The church marks the traditional spot of Jesus' miracle of the loaves and fish, and is located on the shore of the Sea of Galilee in northern Israel. It is one of the most popular stops for Christian pilgrims visiting the Holy Land.

THE ASSOCIATED PRESS

IN BRIEF

Scottish woman dies in hospital after spending three days in crashed car

A 25-year-old Scottish woman — who lay injured in her crashed car for three days because police failed to respond to an accident report — has died. Lamara Bell's family says she died in a Glasgow hospital Sunday, a week after the accident. She was found Wednesday beside her dead boyfriend John Yuill in a car that had slid down an embankment near Stirling in central Scotland. THE ASSOCIATED PRESS

FRANCE

Marine park urged to free dolphins

Several hundred people protested Sunday at a popular marine animal park on the French Riviera, urging it to free the dolphins kept in its pools.

The Marineland park management said the dolphins are a crucial educational tool, and that releasing them into the wild could risk their lives because most were born in captivity and are accustomed to human companionship.

The animal rights activists waved picket signs in English

and French at the entrance of the Marineland park in Antibes, trying to persuade visitors to sign petitions or go home.

Visitors at the park can swim with dolphins and see penguins, polar bears and the endangered Steller sea lion.

The park's zoological director, Jon Kershaw, said Marineland stopped capturing dolphins from the wild in 1989 and most of its animals were born in captivity.

THE ASSOCIATED PRESS

Sea-to-sea expansion

RETAIL

Quebec-based fashion chain Simons targets western Canada

One of Canada's oldest family-owned retailers is hoping to defy industry woes by launching an expansion that could extend the Simons brand across Canada.

The 175-year-old company based in Quebec City will open its ninth Quebec store in Gatineau next month before entering the British Columbia and Ontario markets and expanding its presence in Alberta.

The fashion retailer is spending up to \$200 million over the next four years to open eight stores. It says the move is intended to boost its annual sales base of more than \$350 million.

An outlet will open this fall in West Vancouver, followed by openings next year in Mississauga, Ont., and Ottawa. A second Edmonton store and a new one in Calgary will be added in 2017, and two more stores are expected to open in the Toronto suburb of Scarborough in 2018 and at the York-



Simons CEO Peter Simons poses in the fashion retailer's Quebec City store. Simons is one of Canada's oldest family-owned retailers, and the family hopes to defy industry woes by launching an expansion that could extend the store's brand across Canada. JACQUES BOISSINOT/THE CANADIAN PRESS

dale Shopping Centre in 2019.

Atlantic Canada, the Prairies or Winnipeg could join the list as more stores are added to reach a maximum of 25 to 30 stores, says CEO Peter Simons.

But Simons says he doesn't feel any pressure to make hasty moves.

"You don't think in next-quar-

ter increments when you're a private company of five generations," he said from Quebec City. "You think in 25-year increments."

Missing from the Simons national expansion plans is downtown Toronto, one of Canada's toughest retail markets. Simons made a pitch to enter the Eaton

Centre but that didn't materialize. Meanwhile, U.S. retailer Nordstrom will open next year at the old Sears location in the Eaton Centre.

Retail analyst Randy Harris of Trendex believes Simons' gradual expansion will make it a "national powerhouse" in the Canadian apparel market.

"A lot of retailers, while they're worrying about Nordstrom and Saks, have got to be equally worried about Simons," Harris said.

He said Simons' mid-market pricing and strong private label offering will resonate with shoppers looking for something new. In addition to clothes, Simons sells some home goods and is introducing shoes and a new restaurant concept called Eve. But unlike department stores, it doesn't sell cosmetics or "hard goods" like appliances.

Simons says he and his brother are keenly aware of the risks — particularly in trying to build upon its success in Quebec and spread it to English Canada while juggling the logistics of operating across the country.

As a relatively unknown brand outside Quebec, Simons said he knows the first challenge will be marketing — specifically, to develop a relationship with shoppers so they keep returning after the initial rush wears off.

"There's still going to be this almost primordial desire for human contact, a quality human contact," he said. "I'm not trying to win their minds or their wallets. I'd like to win their hearts."

THE CANADIAN PRESS

MCDONALD'S

Minions toy upsets parents

McDonald's swears up and down that the little yellow "Minions" Happy Meal toy is speaking only nonsense words and not something a little more adult.

Experts say the company may be right, and the curse words many hear may be tied to how our brains are wired to find words even when they're not really there.

The world's largest hamburger chain and purveyor of Happy Meals said Friday it doesn't plan to take the talking Happy Meal toy out of distribution — the promotion runs through the end of July — even though some customers say it sounds like cursing.

A toy bought by The Associated Press made a sound that could be interpreted as the phrase often abbreviated as "WTF." Another phrase sounded like it could be "Well I'll be damned." The sound quality of the toy makes it hard to say definitively who is right.

The little yellow Minion characters speak a nonsense language and McDonald's Corp. said the Minion Caveman toy makes three sounds: "ha ha ha," "para la buky," and "eh eh." The Oak Brook, Ill.-based company issued a statement saying it received only a few comments from customers about the toy, which was introduced July 3.

Nonsense speech will sometimes sound a bit like a real language, and experts say human brains are also wired to look for meaning in noise and images.

"The brain tries to find a pattern match, even when just receiving noise, and it is good at pattern recognition," says Dr. Steven Novella, a neurologist at the Yale School of Medicine.

The technical name for the phenomenon is "pareidolia," in which people hear sounds or see images that seem meaningful but are actually random.

THE ASSOCIATED PRESS

TECHNOLOGY

Computer software to help ease legal, court costs

Imagine working out a divorce without hiring an attorney or stepping into court or disputing the tax assessment on your home completely online.

A Silicon Valley company is starting to make both possibilities a reality with software that experts say represents the next wave of technology in which the law is turned into computer code that can solve legal battles without the need for a judge.

"We're not quite at the Google

car stage in law, but there are no conceptual or technical barriers to what we're talking about," said Oliver Goodenough, director of the Center for Legal Innovation at Vermont Law School, referring to Google's self-driving car.

The computer programs, at least initially, have the ability to relieve overburdened courts of small claims cases, traffic fines and some family law matters. But Goodenough and other experts



We're not quite at the Google car stage in law, but there are no conceptual or technical barriers.

Oliver Goodenough, Center for Legal Innovation

envision a future in which even more complicated disputes are resolved online, and they say San Jose, Calif.-based Modria has gone far in developing software to realize that.

"There is a version of the future when computers get so good

that we trust them to play this role in our society, and it lets us get justice to more people because it's cheaper and more transparent," said Colin Rule, Modria's co-founder.

Officials in Ohio are using Modria's software to resolve dis-

putes over tax assessments and keep them out of court, and a New York-based arbitration association has deployed it to settle medical claims arising from certain types of car crashes.

Modria's founders initially developed the software to help eBay and PayPal solve customer complaints without employing teams of customer service representatives. At eBay, Rule said his system was resolving 60 million disputes a year. THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD

metroview

Maybe we should plan a little less and say yes a little more

It shouldn't be so hard to have fun.

On a recent afternoon, I was throwing out texts like confetti, looking for friends to come out and play.

Few could be found. Some had plans. Most just didn't feel like it.

Who doesn't feel like fun? The 30-somethings, that's who. We're too tired, too busy or too lazy for impromptu fun — the hallmark of youth. We're not the new 20. We're way too uptight for that.

We (OK, I'm 29) have a lot on the go. We pack our lives as tight as carry-on luggage, and curate our playtime like our wardrobe, pairing these people with those, never mixing those with them. Worse, we have an outsized sense of personal time — a euphemism for selfishness.

We're not up for anything, we're up for exactly what we feel like doing at exactly this minute.

Want to make plans? Let's play it by ear! Should we meet up? I'll see how I feel!

"This shouldn't be so hard," I complained to one friend, who agreed.

"Where's my crew?" I asked. She shook her head. Planning a party, she noted, is truly harder than herding cats. Some people promise to "stop by for a bit" before another event (they never show). Others "aren't sure

if they can make it" — code words for not wanting to commit.

We're not innocent, my friend and I agreed. We both cancel coffee dates on a whim. The other weekend I texted a friend that we'll "keep in touch about Sunday," and we didn't talk again for a whole week.

"The more the merrier" isn't a phrase we use often. We'll see one friend for a movie, another for a coffee, another for a yoga class. God forbid we should invite anyone else. We haven't seen this person in weeks (so busy!) — We need to catch up!

When I lived in the U.K., I had a true crew. We did everything together. Everyone was invited. There were no friend schedules. Fun was not work. Every Christmas Eve we'd sit around someone's table, with goose- or turkey-piled plates and Prosecco-topped glasses.

I imagined I'd own a house one day, and the door would always be open. People would pop by unexpectedly and stay for coffee. If anyone dropped by my apartment these days, I'd drop dead of shock.

If I have to work harder to find a friend than a source for a story, something is wrong. Maybe we should get over ourselves just a little bit, plan a little less, and say yes a little more. Either that, or admit it: We're too old to let the good times roll.

THE BIG POLL: Fitness fails

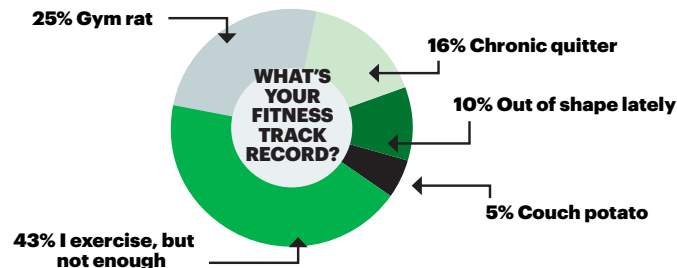
From skimpy summer clothes to Pan Am bodies, many of us have fitness on the brain. Wearable devices can help track your progress — if you use them. Recent research shows only half the people who sign up for the activity tracker Fitbit stick with it. A third quit within six months. We asked our online readers if they've ever flaked out on their fitness goals. THE ASSOCIATED PRESS

POLL: What would get you to stick to a fitness routine?

- 50% I have a routine
- 27% More hours in the day
- 7% Looking at super-fit people
- 7% A big financial reward
- 5% Doctor's orders
- 4% Nothing



POLL: Have you ever used a fitness app or wearable device?



479 RESPONDENTS Visit metronews.ca every Friday to answer The Big Poll.

Why council insists on sweating the small stuff

COLLINS' CAPITAL

Steve Collins



What provoked last week's Battle of Albion-Heatherington, wherein our normally collegial city council got into a rumble over a project for the needy neighbourhood?

Many factors (ward politics, last-day-of-school fatigue before a summer break) contributed to what West Carleton-March Coun. Eli El-Chantiry called a "pissing match."

Gloucester-Southgate Coun. Diane Deans, who'd put the project for her ward on the agenda, convinced the planning committee last month to earmark the money for Albion-Heatherington.

But committee chair Jan Harder, who'd voted in favour, subsequently reneged, propos-

ing a study to find the best candidate among Ottawa's low-income neighbourhoods.

Were electoral politics at play? Mayor Jim Watson sided with Harder, amid speculation that he'd done so to smack Deans down as a possible rival for his job in 2018. But Deans told reporters she has no such ambitions.

When the amount of money — just \$250,000 out of the \$112-million "strategic initiatives" pot for this term of council — monopolizes close to an hour of emotionally-charged debate, we mustn't discount Parkinson's Law of Triviality, which states that the time a decision-making body spends on debate will be inversely proportional to the amount of money involved. Much wind was expended on relatively small kite.

This is not to say that poverty is a trivial issue here.

Albion-Heatherington — and Michele Heights and all the other neglected neighbourhoods have real problems.

Delicately described by councillors as "high-risk" and "challenged" (you know, poor) these are neighbourhoods with lower incomes, high concentrations of public housing and evident need of help.

It was hard not to feel Deans' frustration. She'd gotten the ball rolling on the project only to be accused of queue-jumping by late arrivals advocating for their own wards. Everybody else's pet projects got approved without additional studies tacked on.

The exasperating, thing about the melee was its low stakes. The preliminary study Deans sees as a roadblock to getting something done is to be wrapped up by the end of the year, and since the funding isn't available until 2016,

it should cause no delay.

None of the \$250,000 will go into the study. Somebody will get the cash, and it could be Albion-Heatherington.

The area has a vacant city lot and a Hydro Ottawa property ripe for redevelopment.

The former is a weed-choked eyesore; the latter is a massive yard protected by barbed. More vexing than the question of which neighbourhood ultimately gets help, though, is the knowledge that the rest won't. Amid all those millions available for projects citywide in this term of council, is a single quarter-mil injection for a single struggling neighbourhood really the best we can do?

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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PHILOSOPHER CAT
by Jason Logan



A burnout and a has-been

BATMAN V SUPERMAN

New trailer out at Comic-Con shows clash of fallen heroes

All is not well for Superman, audiences at Comic-Con found out on Saturday during a jam-packed and revealing Warner Bros. presentation. The studio also debuted a first look at the comic-book movie *Suicide Squad* at the annual convention.

Batman v Superman: Dawn of Justice was the main event that fans had camped out for days to see. Stars Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg were on hand to talk about the superhero showdown — a step up from last year's Comic-Con when none of the stars was allowed to talk.

In the first full trailer for the film, out on March 25, 2016, we see a society that has turned against the godlike Superman (Cavill) following a massive disaster. While Holly Hunter's steadfast Senator schemes with Eisenberg's Lex Luthor to protect the public from the dangerous Superman, Affleck's Batman decides to take matters into his own hands.

"The idea of Batman fighting Superman is a thing that happens all the time in comic books," said Zack Snyder, who also directed *Man of Steel*. He likes to pay homage to Frank Miller's *The Dark Knight* but wanted to make clear that this



story is not that story.

Oscar-winning screenwriter Chris Terrio (*Argo*) wrote the script.

Snyder said the story will also launch toward bigger conflicts with other superheroes.

"Who knows?" he said coyly. "I mean, I do know."

While audiences have met Cavill's Superman before, this is their first real introduction

to Affleck's Batman.

"I think if I thought too hard about the actors who played this part before, I couldn't have taken the job," said Affleck. But Snyder explained to him that this Batman would be different. He told Affleck that Bruce Wayne here is at "the end of his rope, he's older, he's a burnout."

As the villain Lex Luthor, Eisenberg said that there's "always a campy element to the character."

But unlike in previous versions, this Lex Luthor has an "emotional groundedness." He also has hair.

Gadot, who plays Wonder Woman in this film and in an upcoming standalone, said her character has the "strength of a superhero" but is "very sophisticated, loving and has a lot of emotional intelligence."

Warner Bros. also showed the first footage from *Suicide Squad*, another DC comic about a group of imprisoned supervillains recruited by a government organization to perform black ops for their freedom.

The film, directed by David Ayer, stars Will Smith as Deadshot, Margot Robbie as Harley Quinn, and Jared Leto as The Joker.

"I think if I thought too hard about the actors who played this part before, I couldn't have taken the job."

Ben Affleck on playing Batman

The first trailer shows the origins of the gritty, punk rock group of villains turned heroes.

"So that's it, we're the paties. We're some kind of suicide squad," Smith's Deadshot says in the trailer. "So let's save the world."

Leto's snivelling Joker, who sounds strikingly similar to Heath Ledger's version, closed the trailer with an ominous threat.

"No, I'm not gonna kill you. I'm just gonna hurt you, really, really bad," he says.

Ayer, who is in the middle of shooting the movie in Toronto, made it a priority to fly to the convention with his cast.

He brought out Smith, Robbie, Viola Davis and others to say hello and quickly exit the

stage. Smith said they'll be back next year for the film, which comes out on August 5, 2016.

Warner Bros. also brought out some of the cast of the Peter Pan origin story *Pan* and the '60s espionage film adaptation *The Man from U.N.C.L.E.*

Director Joe Wright, and stars Hugh Jackman (*Blackbeard*), Garrett Hedlund (*Hook* before the *Hook*), and newcomer Levi Miller (*Peter*) talked about creating the dark fantasy world of *Pan*, which comes out on Oct. 9.

Wright told Hedlund that he wanted to make the film as dark as possible. It's intended to teach children that "no matter how dark the fear, they can always overcome the nightmare," said Hedlund.

Armie Hammer and Cavill also came out with co-stars Alicia Vikander and Elizabeth Debicki to preview the stylish spy film, *The Man from U.N.C.L.E.*, which comes out on Aug. 14.

It might not be *Batman v Superman* but Cavill, as CIA agent Napoleon Solo, does get to fight with Hammer, as KGB agent Illya Kuryakin, even if it's slightly less sophisticated than his superhero character might be comfortable with.

THE ASSOCIATED PRESS

THE CAST



Amy Adams plays Lois Lane



Jesse Eisenberg plays Lex Luthor



Ben Affleck plays Batman



Gal Gadot plays Wonder Woman



Henry Cavill plays Superman

THE DEAD RISE AGAIN

Zombie prequel series starts as 'family drama'

The upcoming spinoff series *Fear the Walking Dead* premiered during Comic-Con after a panel that introduced the cast of the new zombie apocalypse drama to 6,500 fans. "It starts as a family drama, and we filter the apocalypse through that," executive producer Dave Erickson told the audience.

Fear the Walking Dead is serving as a prequel to the hugely popular *Walking Dead* series and will be examining how the zombie apocalypse started in Los Angeles. The cast and crew were on hand

for the invite-only screening of the first episode at Reading Cinemas.

"We, the audience ... know the looming dangers ahead," said AMC president Charlie Collier. "These characters are going to have to figure it out." THE ASSOCIATED PRESS



Alicia Debnam Carey and Maestro Harrell in *Fear the Walking Dead*.



Office loafers can be a drag, but sometimes it's best to turn a blind eye and let your boss deal with their negligence. ISTOCK

Rising above your slacking co-worker

PRODUCTIVITY

Don't let a lazy colleague get you down in the dumps

OFFICE RELATIONS

Eleni Deacon



You scarf down lunch at your desk, Alex takes a 90-minute stroll. You spend all day answering emails, Alex catches up on Facebook. And when 5 p.m. hits, he's out the door — while you're stuck wrapping up loose ends until dinnertime.

Loafer co-workers can be a persistent drag. Not only can they seem oblivious to the volume of work they should actually be tackling, it's often their peers who must make

up for their slacking. When faced with a colleague who won't carry their weight, don't seethe — seek relief.

Start by evaluating the sloth's impact on your workload and output. Is their laissez-faire approach actually hindering your performance or is it merely irritating to watch them chill out while you stress out? In the latter case, the problem isn't so much about their work ethic as your reaction to it. Rather than resenting them, try to ignore them.

Constantly covering their tracks? There's an out: Stop. By picking up where their laziness leaves off, you enable their apathy. Provided you won't get blamed in the process, consider turning a blind eye next time they might miss a deadline. Better your boss notices their negligence — and takes action — than prolonging an unfair cycle in which you spend hours compensating for someone

“When faced with a colleague who won't carry their weight, don't seethe — seek relief.”

Eleni Deacon

else's hour-long breaks.

When a conversation becomes necessary, talk directly to your co-worker before raising your complaints with the higher-ups. Avoid being accusatory; your concerns will have more oomph if you lead with curiosity. Ask about their work style and whether there's a reason they've fallen behind.

What you take for lethargy could just be a different way of doing things. Their pace might be slow because they pay meticulous attention to detail, or they may be confused about a project's requirements. Try to

understand each other's perspective and establish a concrete division of work.

If you're still sweating while they're vegging, it's time to bring in your boss. Again, put your emphasis on examples rather than gripes. Point to specific ways in which your colleague's carelessness has affected your output, keeping the discussion centred closely on work rather than personal grievances. Although it's fair to address how a co-worker's disinterest has affected your ability to do your job, it's best not to seem like a tattler. Don't vent frustrated feelings — focus on facts.

Some slugs will never perk up. And while their inertia can be infuriating, it can also be time-wasting. Try not to obsess over how little progress someone else is making on their daily tasks. Instead, concentrate on how far you can go in your career.

The stuck stops here

TIPS FOR SUCCESS

Feeling stuck? Here's how to get out of any sticky situation

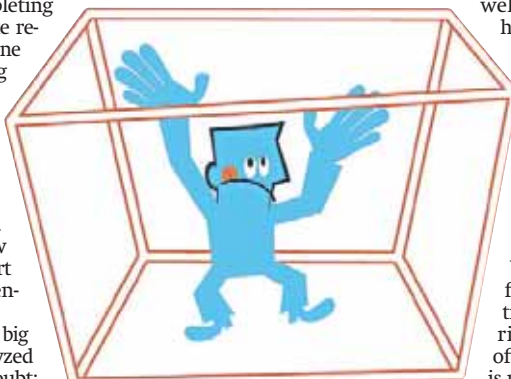
Everyone gets stuck. Sometimes we get tripped up completing the simplest tasks — like retrieving a file from someone else's computer or picking what to eat for lunch. Sometimes we run into a mental block when working on a creative project or assignment — like, um, an article about getting unstuck. (Seriously, do you know how long it took to start writing those two sentences?)

And other times it's the big stuff that leaves us paralyzed with indecision or self-doubt: What we want to do with our lives, where we want to live, whether — or when — we want to start a family.

Prof. Bernard Roth, co-founder of the Hasso Plattner Institute of Design at Stanford, teaches an entire class on getting stuff done. His students have to come up with and complete one big task per term — anything from building a rocket to completing a triathlon. And his new book,

The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life, applies the insights gleaned from 40 years of teaching people how to achieve their goals.

We asked Roth for some suggestions on how to get started already.



ISTOCK

Reframe your problem

The reason why so many people get stuck? Because, Roth says, they're often asking the wrong question, or identifying the wrong thing as the problem.

“For example, the other day I rented a car, and I couldn't find where the release was for the gas tank cap,” he explains. “I spent about 20 minutes trying

to find the release button before I saw a similar car getting gas. I went over, and I said, ‘Where did you get the release?’ He said, ‘There is no release — just open the cap.’”

So if Roth had asked himself “How do I get the cap open?” instead of “How do I find the release button?” — well, he wouldn't have had a problem at all.

This works for not only the most mundane everyday tasks, but the monumental ones too. Says Roth: “If people back off and reframe their question and find the right problem, often the answer is right there.”

Draw it out

In his book, Roth includes 22 exercises that can help readers conquer a mental block, and a lot of them include visuals — from storyboards to mind maps to all sorts of diagrams. Roth says visuals unleash creative thinking. “Pictures just encapsulate so much more information and nuance. They're more evocative.”

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Cyclists, sharpshooter earn Canadians three more gold

PAN AMs

Batty and Gagne win on bikes, Kiejko with air pistol

Canada has added three more gold to its collection at the Pan Am Games on Sunday.

Emily Batty, of Brooklin, Ont., and Catharine Pendrel of Harvey Station, N.B., finished one-two in the women's mountain biking competition, while Raphael Gagne of Quebec City won the men's race.

Canada's third gold came in shooting, with Calgary's Lynda Kiejko winning the women's 10-metre air pistol. In the women's mountain bike, Batty finished the race in one hour 27 minutes 13 seconds — seven seconds faster than Pendrel.

"It's really just pushing each other," Batty said. "It doesn't matter who's first on the day as long as it's a Canadian. So we got gold and silver, which was amazing."

Pendrel, who won gold in the event at the 2007 Rio Games, is known for setting a strong



It doesn't matter who's first on the day as long as it's a Canadian.

Mountain biker Emily Batty



Emily Batty in the final of the women's event at the Toronto 2015 Pan Am Games on Sunday, Batty won gold and teammate Catharine Pendrel won silver. FRED THORNHILL/THE CANADIAN PRESS

early pace and hoping others can't match it. Batty showed she was up for the challenge.

"Emily and I are really motivated by each other," Pendrel said. "We don't just want to be the best at this race, we want to be the best in the world. You can be the best in the world by pushing the most that you can out of your riding and I think we did that today."

Gagne finished the men's

six-lap race in 1:31:14.

"I think I played it very smart," Gagne said. "I paced myself well, I drank well and I ate well and it played into my favour. I've always been able to start strong but sometimes my finishes were not as strong. But definitely today I finished really, really strong so I'm happy with this."

Kiejko scored 195.7 to win the air pistol and finish ahead



Raphael Gagne holds a Canadian flag after crossing finish line to win gold in the men's mountain bike event at the 2015 Pan Am Games FRED THORNHILL/THE CANADIAN PRESS

of Mexico's Alejandra Zavala and Lilian Castro of El Salvador.

It was Kiejko's second Pan Am medal. She captured bronze in the same event in 2003.

"This gold medal is especially sweet for me," said Kiejko, who comes from a family of shooters. "Four years ago, my sister won the gold medal in Guadalajara in the same event. It's pretty awesome."

Canada's equestrian team added a silver medal in team dressage.

The day came with some disappointment as Canada failed to medal in the men's triathlon. It's the first time in Pan Am Games history Canada hasn't won a triathlon medal.

Andrew Yorke, of Caledon, Ont., was the top Canadian finisher in seventh place.

THE CANADIAN PRESS

MLB

Jays fall short of comeback

SUNDAY in Kansas



Paulo Orlando broke a tie with an eighth inning homer and Kendrys Morales hit a three-run homer as the Kansas City Royals defeated the Toronto Blue Jays 11-10 after blowing a seven-run advantage Sunday.

The Royals enter the All-Star break with an American League-leading 52 victories. Orlando hit a 2-1 Bo Schultz (0-1) pitch out to left to leadoff the eighth.

Kansas City led 7-0 after five innings, but the Blue Jays sent 12 men to the plate in an eight-run sixth. Danny Valencia and Jose Bautista contributed two-run doubles in the inning.

Seven of the runs were unearned after Mike Moustakas and Omar Infante committed errors.

The Royals regained the lead with three in the bottom of the inning with Lorenzo Cain, who had three hits, singling in one run. Alcides Escobar had a RBI on a ground out, while the other run scored on Jose Reyes' second error of the game.

The Jays got a run back in the seventh on a Russell Martin RBI-doubles. Reyes, who had his second straight three-hit game, singled home Kevin Pillar, who had tripled, in the eighth to tie it 10-10. It was only the second run Royals reliever Wade Davis (5-1) had allowed this season.

THE ASSOCIATED PRESS



Canada's captain Jen Kish dives over to score in Canada's 55-7 win over USA in the women's rugby sevens gold medal game at the 2015 Pan Am games CHRIS YOUNG/THE CANADIAN PRESS

CANADA 55, U.S. 7

Rugby gold for Canadian women

Canada has won gold in the inaugural women's rugby sevens competition at the Pan American Games. The Canadian women defeated the U.S. 55-7 at Exhibition Stadium, normally known as BMO Field, to go unbeaten in six games at the Pan Am competition.

"There's definitely more great days for this team," said Canadian captain Jen Kish. "Every time we put on the Canadian jersey, we want

to give the best performance that we can. We're always cup-hunting. We always want to be the best that we can be so you can expect many more trophies from us building towards Rio."

Canada had defeated the U.S. 34-12 in a meaningless pool match prior to the championship game that saw both teams rest some of their big guns. The U.S. points were the first scored against Canada at the tournament in 67 minutes play.

The Canadian women outscored their opposition 230-12 going into the final, running in 38 tries while conceding two.

Canada was the top-ranked team in the six-team women's Pan Am competition, having finishing second in the Women's Seven Series last season. The Americans were fifth on the circuit and Brazil eighth. Brazil beat Argentina 29-0 for the bronze.

THE CANADIAN PRESS

IN BRIEF

Canuck diver tops podium

Canadian divers continued their dominant run at the Pan American Games on Sunday as Jennifer Abel won gold and Pamela Ware took silver in the women's three-metre springboard.

Abel, from Laval, Que., took the lead after her second dive and cemented it with an incredible third dive that scored 86.70. THE CANADIAN PRESS

Djokovic remains atop men's tennis mountain

TENNIS

Federer denied record eighth Wimbledon championship

Novak Djokovic got the better of Roger Federer at Wimbledon again.

The defending champion outplayed Federer in four sets Sunday to win his third Wimbledon title and ninth Grand Slam championship, cementing his status as the dominant player in the game.

In a repeat of last year's final, won by Djokovic in five sets, the top-ranked Serb overcame the loss of seven set points in the second set and pulled away to beat the seven-time champion 7-6 (1), 6-7 (10), 6-4, 6-3.

The top-seeded Djokovic broke No. 2 Federer four times and saved six of the seven break points he faced. Still in his prime at the age of 28, Djokovic further enhanced his reputation as one of the greats of the game.

In winning the 40th career matchup between the two, Djokovic prevented Federer from winning a record eighth Wimbledon title.

"I was aware coming on the court that Roger was going to play like he always plays — at his best, when it matters the most," Djokovic said. "He makes you push your limits,

he makes you work hard and earn every single point. He's not going to hand you the match."

Djokovic closed out the match by breaking Federer for the second time in the fourth set, hitting an inside-out forehand winner into the open court on the final point. He pumped his arms and screamed, then bent down, plucked some grass from Centre Court and put it in his mouth — just as he did when he won his first title in 2011 and again last year.

"It tasted very, very good this year," Djokovic said. "I don't know what the groundspeople have done, but they've done a great job. It's a little tradition, obviously. As a kid, I was really dreaming of winning Wimbledon, and as every child, you dream to do something crazy when you actually achieve it, if you achieve it, and that was one of the things."

Djokovic equaled the number of Wimbledon titles won by his coach Boris Becker, who won at the All England Club in 1985, '86 and '89.

"We managed to find the right chemistry and he has contributed a lot," Djokovic said. "This is his trophy equally as mine."

Djokovic also became the first man to retain the Wimbledon title since Federer did it in 2007.

"He was tough on the bigger points," Federer said. "Then



Novak Djokovic of Serbia celebrates with the trophy after winning the Final of the Gentlemen's Singles against Roger Federer of Switzerland on Day 13 of the Wimbledon Lawn Tennis Championships July 12. CLIVE BRUNSKILL/GETTY IMAGES

at the end, he was rock-solid. I thought he played great. I didn't play bad myself. ... That's how it goes."

Sunday's victory evened their career head-to-head record at 20-20, but Djokovic now holds a narrow edge

where it counts the most — 2-1 in Grand Slam finals, 2-1 at Wimbledon and 7-6 in majors overall. The 33-year-old Federer will now have to wait another year to try again to become the first man to win eight Wimbledon singles titles.

In 2012, he equaled Pete Sampras and 1880s player William Renshaw with seven.

"Novak played not only great today but the whole two weeks, plus the whole year, plus last year, plus the year before that," THE ASSOCIATED PRESS



Serena Williams celebrates with the Venus Rosewater Dish after her victory at Wimbledon on July 11. JULIAN FINNEY/GETTY IMAGES

WIMBLEDON

Williams again top woman

Serena Williams overcame a slow start, eight double-faults and a nervy finish to beat Garbine Muguruza 6-4, 6-4 on Saturday for her sixth Wimbledon title, fourth Grand Slam championship in a row and 21st major overall.

The win means Williams holds all four Grand Slam titles at once — completing the second "Serena Slam" of her career. What's more, she secured the third leg of a calendar-year Grand Slam and, if she wins the U.S. Open, will become the first player to sweep all four majors in the same season since Steffi Graf in 1988.

Williams, winning her 28th straight Grand Slam match, is now just one major title behind Graf on the Open era list and two behind all-time leader Margaret Court Smith.

At 33, Williams is also the oldest woman to win a Grand Slam title in the Open era. She has now won seven major championships in her 30s.

From 4-2 down in the first set, Williams ran off five straight games to take the set and go up 1-0 in the second. She pulled out to a 5-1 lead and twice served for the match but couldn't convert.

THE ASSOCIATED PRESS



He makes you push your limits, he makes you work hard and earn every single point.

Novak Djokovic, on Roger Federer

SOCCER

Man City offers up Sterling paycheque

Manchester City is close to making Raheem Sterling the most expensive English soccer player.

A person familiar with the situation said Sunday that Liverpool has reached an agreement with City over the transfer of the England winger for 49 million pounds (\$76 million).

The person spoke to The Associated Press on condition of anonymity because he was not authorized to discuss details of a deal that is yet to be completed.



Raheem Sterling
DAVE THOMPSON/GETTY IMAGES

worth 100,000 pounds a week (\$155,000). THE ASSOCIATED PRESS

Sterling, who has a contract with Liverpool until 2017, said in an unsanctioned interview with the BBC during last season he had rejected a new deal



IN BRIEF

Star Real Madrid keeper moves to FC Porto

Goalkeeper Iker Casillas is leaving Real Madrid to join Portuguese club FC Porto after 16 seasons in which he helped the Spanish powerhouse win a slew of titles that included three Champions League crowns and five Spanish league trophies.

Madrid announced on its website Saturday that a deal had been reached for Casillas' transfer to Portugal.

THE ASSOCIATED PRESS

GOLF

Fowler wins Scottish Open by a single shot over Kuchar

Rickie Fowler birdied three of his last four holes to overhaul fellow American Matt Kuchar and win the Scottish Open by one shot on Sunday for his second victory of the year.

Kuchar was on the practice range, preparing for a playoff, when Fowler sent his approach on No. 18 to within 18 inches. He tapped in the putt for a 2-under 68 — the same score as Kuchar — and an overall 12-under 268.

It is the fourth title of Fowl-

er's professional career, coming two months after winning The Players Championship, and the second outside the United States after the Korea Open in 2011. And his links game looks in good shape ahead of next week's British Open at St. Andrews.

Raphael Jacquelin of France birdied the last hole for 70 to tie for second place with Kuchar, and claim one of three British Open places on offer along with third-round

leader Daniel Brooks, the No. 528-ranked Englishman, and Sweden's Rikard Karlberg.

Fowler took the outright lead in the tournament for the first time with his last shot of the week, from the middle of the 18th fairway.

After knocking in the putt, he doffed his cap and acknowledged the crowd. But he had to wait for the final pairing of Jacquelin and Brooks to play the last before really celebrating. THE ASSOCIATED PRESS

Conor McGregor backs up trash talk with comeback win

UFC

Early Mendes pressure fails as Irishman earns KO win

Conor McGregor spent much of the first two rounds on his back while Chad Mendes threw elbows at his head, and yet his screaming Irish fans kept faith.

During his meteoric rise in the UFC, McGregor has sold his self-confidence with enough flair to turn most anybody into a believer in his invincibility, even in the face of 9 1/2 minutes of contrary evidence.

And when the trash-talking mixed martial arts sensation finally got free late in the second round, he backed up every single word.

McGregor won the interim featherweight title at UFC 189 on Saturday night, stopping Mendes with three seconds left in the second round while emphatically arriving as one of the promotion's biggest stars.

After struggling to break free from Mendes' suffocating wrestling and ground game, McGregor (18-2) finished the fight with a lightning-quick combination after Mendes failed on a submission attempt. A big left hand put Mendes down, and McGregor pounded away for the stoppage before jumping onto the cage in celebration.

"Tonight, I'm going to toast good business," McGregor said. "And it was damn good business.... It's a crazy game, and you know, I absolutely love it."

McGregor later sank to his knees in tears, an Irish flag in his hands, while the standing-room-only crowd at the MGM Grand Garden Arena roared. The loquacious ex-plumber from Dublin has now made good on just about every boast and threat he ever issued — and there have been thousands.

Mendes (17-3) stepped in for injured featherweight champion Jose Aldo just 2-1/2 weeks ago, and the elite wrestler was in control of the fight until Mc-

Gregor's heavy hands changed everything in an instant.

It's a crazy game, and you know, I absolutely love it.

Conor McGregor

level trash talk, most of it from a bearded, tattooed Irishman who already looks comfortable with a title belt around his waist.

"I've been hearing all the while that I've been protected from this kind of opponent, that I've been gifted a title shot," McGregor said. "So when my title shot went running and they gave me the challenge I was supposed to be protected from, I (decided) that I'm just going to prove to people that I'm a true fighter."

McGregor has won 14 consecutive fights, and now he has a UFC belt and an enormous future date with Aldo.

WELTERWEIGHT

Lawler keeps title

Robbie Lawler stopped Rory MacDonald early in the fifth round at UFC 189 on Saturday night, defending his welterweight title in a spectacularly bloody bout.

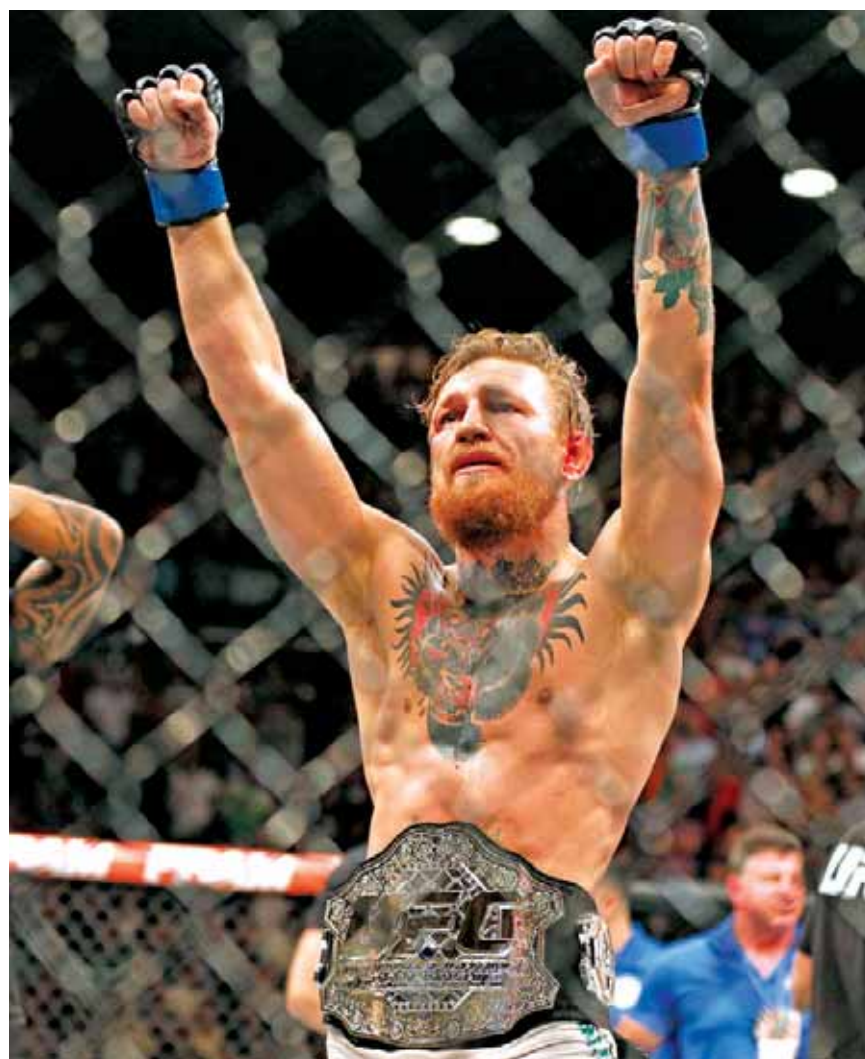
Lawler (26-10) battered MacDonald for much of the final four rounds, leaving the Canadian challenger with a badly damaged nose. Lawler finally ended it with a big left hand directly into the face of MacDonald, who rolled onto his back in agony before Lawler finished him 60 seconds into the fifth.

Lawler also was staggered repeatedly by MacDonald, and he barely made it to the bell in the third round of an occasionally jaw-dropping brawl. Both fighters bled profusely in the final rounds, but Lawler persevered for his first successful title defence and his second victory over MacDonald (18-3).

THE ASSOCIATED PRESS

"In my opinion, Jose went running," McGregor said. "I had bigger injuries leading up to this fight than that bruised rib, and I still showed up and performed. If he comes back, he can come back, but I swear to God, his day will come."

THE ASSOCIATED PRESS



Conor McGregor celebrates after defeating Chad Mendes in their interim featherweight title mixed martial arts bout at UFC 189 Saturday in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS

CFL

Stampeders aiming to bounce back against unbeaten Argos

The Calgary Stampeders will try to avoid losing back-to-back games for the first time in three years on Monday night when they host the unbeaten Toronto Argonauts.

It's Calgary's first game in 10 days, leaving the defending Grey Cup champions with plenty of time to stew over last week's 29-11 loss to the Montreal Alouettes.

"The important thing is that we take advantage of the rest that we got, take advantage of the extra time to prepare and go out and play a good football game," said Stampeders coach and general manager John Hufnagel.

Calgary could easily be win-



It's always easier to get your team up after a disappointment so I have no doubts that as the defending champs, they'll be ready to go.

Argonauts head coach Scott Milanovich

less. The Stampeders needed a 50-yard field goal on the final play of their season opener to beat the Hamilton Tiger-Cats 24-23.

Calgary quarterback Bo Levi Mitchell has had a slow start to the season, throwing just one touchdown pass while being intercepted three times. His touchdown to interceptions ratio was 22-to-8 last year.

"It starts with me, being a second-year guy and having the year we had last year," said Mitchell, who was the Grey Cup most valuable player last season. "As the quarterback, the guy that touches the ball every play, that's how I feel. I feel like it's my job to go out there and make sure that as an offence, we do take that next step. Make games easier on our defence."

Mitchell gets a big weapon back this week in wide receiver Jeff Fuller.

Fuller had nine catches for 164 yards in Week 1. He missed last week's game with soreness in the same knee which he had season-ending surgery on last October after tearing the MCL.

"I feel like that was probably my last setback. It wasn't anything tweaked or re-injured or anything, it was just the wear of the first game, the first time playing a complete game on it," Fuller said. "But no pain at all now, I'm 100 per cent."

Mitchell says Fuller's size makes him difficult to defend. "When you have one-on-ones

with that guy, it's easy to take shots with him because he's a guy that does have great ball skill," said Mitchell. "He has a great knack for catching it at its highest point and that's a big thing for receivers. Some guys like it to fall down to their arms and that's when DBs make plays."

While Mitchell ranks near the bottom of the league's quarterback rankings, at the very top is Toronto's Trevor Harris.

The 29-year-old quarterback has put up back-to-back solid performances filling in for veteran Ricky Ray. Ray is expected to be sidelined another month after off-season rotator cuff surgery.

Harris is 54-for-65 for 614 yards and seven touchdown passes with only one interception. That's a lethal 83.1 completion percentage.

"I have receivers that all the quarterbacks in the league would probably die for, and our offensive line has held up really well," said Harris. "It's been a perfect storm for me to walk into and just be a small piece to the puzzle of what everyone else is doing."

It's the third of five consecutive games away from Rogers Centre to start the season for Toronto, who don't play at home until August 8 because of the Pan Am Games. THE CANADIAN PRESS

RECIPE Tex-Mex Salmon over Avocado, Tomato and Black Bean Salad



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



This Southwestern twist on grilled salmon is a delicious and zesty BBQ option for summer. Serves 4.

Ready in

Prep time: 10 minutes

Cook time: 10-15 minutes

Ingredients

- 1 1/2 lb salmon filet
- 1 cup grape tomatoes, sliced in half
- 3/4 cup canned black beans, drained and rinsed
- 1/2 cup diced ripe avocado
- 1/2 cup diced yellow bell pepper
- 1/4 cup diced red onion
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp minced jalapeno peppers

- 1/2 tsp minced garlic
- Salt and pepper
- 3 Tbsp chopped cilantro or parsley

Directions

1. Grill or roast salmon at 425 F for 10 minutes per inch of thickness.

2. Meanwhile, add remaining ingredients to serving bowl. Mix well and place on serving platter with salmon over top.

Nutrition per serving

- Calories 390
- Protein 37 g
- Carbohydrates 19 g
- Fat 17 g
- Saturated fat 2.5 g
- Cholesterol 95 mg
- Sodium 380 mg
- Fibre 4 g

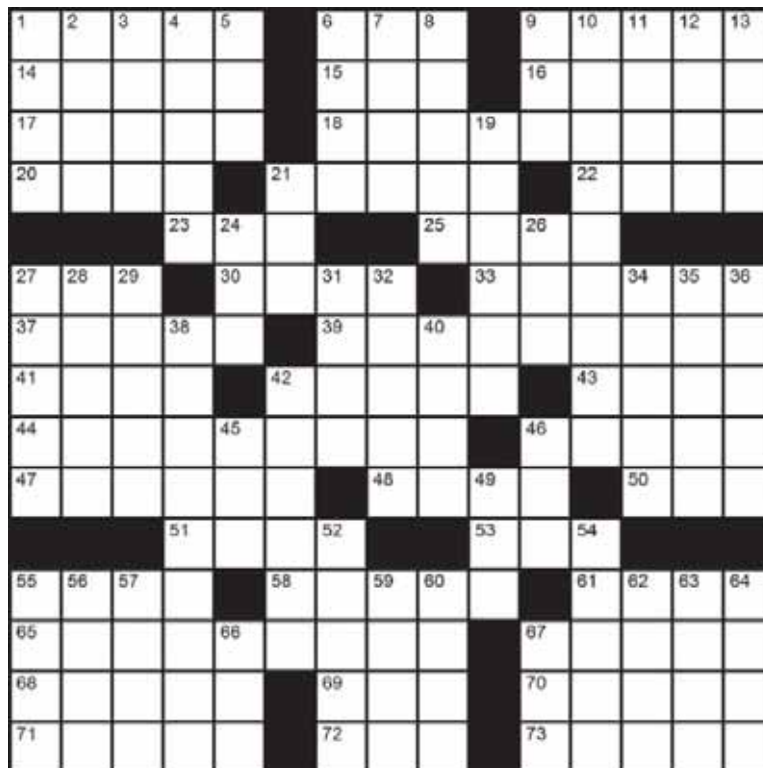
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. __ Sainte-Marie (Cree singer/songwriter who is an Officer of the Order of Canada)
6. Medical pro
9. Extract metal from ore
14. Droplet-looking throat part
15. Jeff Lynne's gr.
16. Racecar driver Mr. Castroneves
17. Baseball great Mr. Jeter
18. Interac user's access code: 2 wds.
20. Pronounces
21. Tend the fire
22. Brewer's kiln
23. Gardening tool
25. Incision leftover
27. Photo __ (PR events)
30. "___ there, done that."
33. Snugly warm
37. Red Hot __ Peppers
39. Classic uniform hue for the CFL's Bombers: 2 wds.
41. __ Saint-Luc, Quebec
42. The White Cliffs of __ (Coastline attraction in England)
43. Dryer's fluff
44. #1-Across' famous protest song: "___ Soldier"
46. Citi Field baseball player, ___
47. Go back on a deal
48. Oodles
50. Tokyo, formerly
51. Ore deposit
53. __ degree



55. Ice floes animal
58. __ ray gun (Sci-Fi weapon)
61. American singer Ms. King, daughter of SNL alum Rob Schneider
65. Art of making a dead animal still look alive
67. Extraterrestrial

68. "It's so easy, __ can do it!"
69. Max. or min., as per speed
70. New album by #1-Across: 'Power in the __'
71. Shoe heel style
72. Code for Whitehorse's international airport

73. Belonging to Hartford's li'l state

DOWN

1. Pre-leaf forms
2. Iris spot
3. Rage
4. Nudist colony sight
5. Tibetan ox
6. Store section, shortly
7. Mixture
8. __ out (Stops running)
9. Moo __ pork (Take-out dish)
10. Unforgettably
11. Napoleon's

- exile isle
12. Fibs
13. Wrongdoing, in law
19. Fruit juice
21. View
24. Geisha's outfit accessory
26. ISP, e.g.
27. Happen
28. Communications device
29. '60s-style protest
31. Ancient love god
32. Stars that suddenly shine brightly
34. Snail's trail
35. Adjusted the guitar's strings
36. Bryan Adams' "The Best Was __ Come"
38. Evening out
40. Shout
42. River excavator
45. Self-pride
46. Tuktoyaktuk locale, briefly
49. Bambi's aunt
52. Ahead of time
54. Common greeting
55. Slow-cooked meal
56. Icicle holder
57. Chopped
59. Gladiator's 2009
60. "Hey Hey, __ (Into the Black)" by Neil Young & Crazy Horse
62. Safari roarer
63. Kings of __ (Rock band)
64. Breaks off
66. Board game cube
67. TV network

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A relationship problem must be dealt with this very moment. If you leave it any longer the window of opportunity you have to make things better will close once and for all. Whatever the issue is, find ways to get over it.

Taurus April 21 - May 21
You simply don't care if some of the things you say offend other people — in fact you want it to happen. You will choose your words for maximum impact today.

Gemini May 22 - June 21
Try not to worry about money matters today because there is nothing you can do to change things. Use your imagination to visualize being rich and secure. What you imagine today will be your reality tomorrow.

Cancer June 22 - July 23
Whatever you suggest, people seem determined to do the opposite. You could try to be smart and sell them a bluff. Suggest they do what you actually don't want them to do. It's an obvious trick but it might just work.

Leo July 24 - Aug. 23
Why are you panicking? What could go wrong? With so much cosmic activity in the most sensitive area of your chart you have a tendency to look on the dark side. Lighten up, it's life!

Virgo Aug. 24 - Sept. 23
Why do you believe you have to prove yourself to people you hardly know? You are under no obligation to perform for their delight. If anything it should be the other way around.

Libra Sept. 24 - Oct. 23
Don't try too hard to make a name for yourself over the next few days because the planets warn you could end up with a name you don't like. You don't have to keep a low profile but you do have to play by the rules.

Scorpio Oct. 24 - Nov. 22
Somehow you will know in an instant what the people you deal with are thinking and feeling. That makes it easier for you to predict what they are going to do next, maybe even before they know it themselves.

Sagittarius Nov. 23 - Dec. 21
Your confidence may take a bit of a dip over the next few days. Mind you, your self-belief is usually so high that most people will still think you're incredible.

Capricorn Dec. 22 - Jan. 20
Be on your guard if someone offers you something for nothing today. It could be their generosity is not all it seems and you'll be expected to do something in return. Know the deal before you agree.

Aquarius Jan. 21 - Feb. 19
The harder you work the more work there seems still to do but you will get there in the end. Keep moving along at a steady pace.

Pisces Feb. 20 - March 20
Throw yourself body and soul into what you are working on and believe that it will all come right in the end. The moment you start worrying is the moment you begin to lose focus and momentum.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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